



Recollection of the Foremost Arahant Bhikkhunis (English)

(Among bhikkhunis) of long standing is Gotamī, maternal aunt of the Buddha.
Attained to the supreme state, may the power of her qualities always be a blessing to us.

As foremost in great wisdom, Khemā Therī is renowned.
Disciple of the excellent Buddha, may the power of her qualities always be a blessing to us.

Uppalavaṇṇā Therī is the highest of those with psychic powers.
Disciple of the excellent Buddha, may the power of her qualities always be a blessing to us.

As the foremost among vinaya experts, Paṭācārā is famous.
Attained to the supreme state, may the power of her qualities always be a blessing to us.

As the most excellent of Dhamma teachers, Dhammadinnā is named.
Attained to the supreme state, may the power of her qualities always be a blessing to us.

Among nuns who cultivate meditation, Nandā Therī is named.
Established in the supreme state, may the power of her qualities always be a blessing to us.

As the foremost of energetic ones, Soṇā Therī is named.
Established in that state, may the power of her qualities always be a blessing to us.

As the foremost of those with the divine eye, Sakulā is famous.
With seeing well purified, may the power of her qualities always be a blessing to us.

Kuṇḍalakesī Bhikkhunī is the most excellent of those with quick intuition.
Established in this very state, may the power of her qualities always be a blessing to us.

Bhaddā Kapilānī is the foremost of those remembering previous births.
May the power of her qualities always be a blessing to us.

Bhaddā Kaccānā Therī is the greatest of those with higher knowledges.
Having conquered pleasure and pain, may the power of her qualities always be a blessing to us.

Kisā Gotamī is the foremost of those wearing coarse robes.
Attained to the supreme state, may the power of her qualities always be a blessing to us.

Sigālamātā Bhikkhunī is the highest of those resolved on faith.
May the power of her qualities always bestow great peace, health, and happiness on us.
May these and all the other qualities of the bhikkhunis
Dispel all fear, sorrow, and illness.
Those who are stream-enterers and all others in training, endowed with faith, wisdom,
and virtue,
With impurities partially burnt away, may the power of their qualities always be a blessing
to us.